



Town of Fountain Hills Presents

FOODSENSE AtoZ
by Nutrition Consultant,
Sharon Madsen

Time: 2:00 p.m. to 3:00 p.m.

Pre-registration required for each presentation
Free for 2016 members - \$5.00 fee for non-members
Presentations are held at the Fountain Hills Community Center

Stop by the Community Center Mon.-Fri. 9 a.m. to 4 p.m. to reserve your seat.

Wednesday, April 27

Course **#2112**

Topic: Foods that affect blood pressure & cholesterol
Learn about the foods that spike or reduce blood pressure and cholesterol.

Wednesday, May 25

Course **#2182**

Topic: Tips n' Tricks for a restful sleep
Foods to avoid in combating insomnia.

Sharon Madsen is a Nutrition Consultant, Western Herbalist.
For more information, visit her website at:
www.foodsenseatoz.com

The views expressed by speaker do not necessarily represent the views of the Town of Fountain Hills.
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Sponsored by the Town of Fountain Hills Activity Center
13001 N. La Montana (in the Community Center) 480-816-5226
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